



# CONCEPTUAL STUDY OF ALLERGIC RHINITIS

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## ABSTRACT

Allergic rhinitis is one of the most common allergic reaction that affects of adults and children. Repeated attack and improper management of the disease leads to many complications like recurrent sinusitis, nasal polyp, serous otitis media, orthodontic problems etc. Allergic rhinitis isn't a dangerous medical condition, but it can have a major impact of life. In medical system a wide range of antibiotics and decongestants are available. But these drugs give only symptomatic relief. So it is need of recent era to develop a treatment protocol, which helps the patients to overcome this pathetic condition. In *Ayurveda*, Allergic rhinitis could be compared with *Vataja Pratishyaya*.

**KEYWORDS:** Allergic Rhinitis, *Vataja Pratishyaya*

## INTRODUCTION

Allergic Rhinitis is an allergic reaction to airborne substances. It is an IgE hypersensitivity disease of the mucous membranes of the nasal airways characterized by severe sneezing and Watery discharge. The two types of allergic rhinitis are seasonal allergic rhinitis and perennial allergic rhinitis. Seasonal is caused by outdoor allergens & perennial allergic rhinitis is caused by indoor allergens such as dust mites, mold and pet dander.

Allergic rhinitis is characterized by continuous or periodic nasal congestion, rhinorrhea, sneezing, pruritus of the conjunctiva, nasal mucosa and oropharynx, lacrimation and fatigue. Predisposing factors of allergic rhinitis include family history, temperature variation, psychological factor, hormonal changes during pregnancy etc.

In *Ayurveda* Allergic rhinitis is known as *Vataja Pratishyaya*. *Acharya Charaka* has defined, *Pratishyaya* is a severe & general body debilitating condition, which manifest due to the migration of the *Kapha*, *Rakta* & *Pitta* from the root of the *Nasa pradesha*, they get lodged into *Shiraha Pradesha*, which is already forcibly titrated & vitiated by the *Vata Dosha*.

"NA" is added as suffix & "PRATI" as prefix to *Shya Dhatu*, which means to move. So it means against movement by which (i.e. disease) an increased movement occurs inside the body.

The condition in which *Kapha*, *Pitta* & *Rakta* move along with *Vata* in the same direction.

## Classification

According to various *Acharyas*, the disease *Pratishyaya* has been classified as *Vataja Pittaja*, *Kaphaja*, *Raktaja* & *Sannipataja*.

## Nidana

According to *Charak Vega Sandharana*, *Ajeerna*, *Dhuli*, *Rajaha*, *Dhumra Sevana*, *Ati Bhashana*, *Ati Krodha*, *Ritu Vaishamy*, *Shirashobhitapa*, *Ratri Jagarana*, *Ati Swapna*, *Ati Sheeta Ambu pana*, *Ati Nariprasanga*, *Ati Ashru Srava* are the causative factors of *Pratishyaya*.

## Samprapti

According to *Acharya Sushruta* when *Vata*, *Pitta*, *Kapha* singly or together as also *Rakta* are accumulated in the region of the head and get vitiated due to several aggravating factors give rise to disease *Pratishyaya*.

## Stages of Pratishyaya

**Amavastha:** This is the first stage of *Pratishyaya*. *Aruchi*, *Vaktra Virasama*, *Nasa Srava*, *Ruja*, *Arati*, *Shirogurutvam*, *Kshavathu*, *Jwara* are the symptom of *Amaja Pratishyaya*.

**Pakwavastha:** This is the second stage of *Pratishyaya*. *Tanutvam*, *Amalingama*, *Shirah Nasa Laghuta*, *Ghanapittakaphatvam* are the symptom of *Pakwa Pratishyaya*.

## Pratishyaya Puravarupa

According to *Acharya Sushruta*, *Shirogurutvam*, *Kshavathu*, *Angamarda*, *Parihrishtaromata* are the *Puravarupa* of *Pratishyaya*.

## Vataja Pratishyaya Lakshanas

According to *Acharya Charak*, *Nasavarodha*, *Tanunasasrava*, *Galashosha*, *Talushosha*, *Osthashosha*, *Sankhapradesha* -*vedana*, *Swaropaghata*, *Kshavathu* are the symptom of *Vataja Pratishyaya*.

**Vataja Pratishyaya Chikitsa:** It can be divided into two parts - *Samanya* (General treatment) & *Vishesha Chikitsa* (Specific treatment)

### Samanya (General treatment)

According to *Acharya Chakradatta*, five diseases, *Netraroga*, *Kukshiroga*, *Pratishyaya*, *Vrana* & *Jwara* are cured by *Langhana Kriya* for five days. Thus, five days *Langhana* is advised in *Pratishyaya* before going for further treatments.

According to *Acharya Sushruta*, All types of *Pratishyaya* except *Nava Pratishyaya* (recent origin), should be treated by the *Ghritapana*, *Swedana*, *Vamana*, *Avapida Nasya*.

### Apakva Pratishyaya Chikitsa :

In *Apakva Pratishyaya*, *Swedana*, Intake of warm food containing *Amla rasa*, Ginger should be taken with milk or with sugarcane for *Pachana* is to be prescribed. By *Acharya Sushruta*.

### Pakva Pratishyaya Chikitsa :

According to *Sushruta* the mature, dense and suspended *Doshas* should be expelled out by the use of *Shirovirechana*, *Virechana*, *Asthapana*, *Dhumapana* and *Kavalagraha*.

**Vishesha Chikitsa:** According to various *Aacharyas* has described the treatment of *Vataja Pratishyaya Ghritapana*, *Shirovirechana (Nasya)*, *Snigdha Dugdhapana*, *Mamsarasa*, *Dhumrapana*, *Upanaha*, *niruh basti* etc.

### DISCUSSION

The symptoms of *Vataja Pratishyaya* like *Kshavathu*, *Nasavarodha*, *Tanusrava*, *Gandha hani* etc. are more related with symptoms of Allergic rhinitis. So, Allergic rhinitis can be correlated with *Vataja Pratishyaya*. In Ayurveda concept of allergy is scientifically explained under '*Asatmyaja Vyadhi*' while its effects are explained in Hereditary, *Viruddhahara*, *Dushivisha* & *Ritu sandhi*. Concept of environmental allergy is scientifically explained under the heading of '*Ritu Sandhi*'. *Vagbhatta* has mentioned that if *Ritu Charya* of *Ritu Sandhi* is not observed it gives rise to *Astamyaja Roga*, *Tridosha Prakopa* and vitiation of *Dhatus*.

### CONCLUSION

To treat any disease properly, it is necessary to know the causative factors as well as the disease process or the pathogenesis. As, though the disease manifested is of the same name with identical signs and symptoms, its treatment modality changes according to its *Hetu* and *Samprapti*. So it is of vital importance to understand every facet of the disease including the Causative factors and pathogenesis before deciding the treatment plan.

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